

These facts have been made use of in the manufacture of Grape-Nuts, and any brain worker can prove the value of the proper selection of food by making free use of Grape-Nuts for ten days or two weeks. Sold by grocers everywhere (and in immense quantities). Manufactured by the Postum Cereal Co., Ltd., Battle Creek, Michigan.

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|------------------------------|--------|
| Jelly Bags..... | 4c |
| Ideal Food Choppers..... | \$1.00 |
| Fruit and Jelly Presses..... | \$1.50 |

Barber & Ross,
11th & G Sts.

Assistant Paymaster C. L. O'Leary, to Michigan, July 15; relief of Paymaster Peterson, Assistant Paymaster H. R. Parry, to Gilboa, Assistant Paymaster D. Brady, Jr., to duty as assistant to general storekeeper, Cavite station, also large gunboats. Boatswain A. Rettig, detached Buffalo, July 19; to home and salt orders. Acting Boatswain M. J. J. Carley, detached Washburn; to Buffalo, July 19; relief of Boatswain Rettig.

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